

TAMRON HALL

Dec. 26, 2024

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, DEC. 30-JAN. 3

'Tamron Hall' Tackles Today's Meaningful and Important Topics – So Let's Talk About It

Below are highlights for "Tamron Hall" for the week of Dec. 30, 2024. Please note: The lineup is subject to change.

Monday, Dec. 30: (OAD 9/6/24) Tamron's Tasting Table – Let's Get Cooking: Tamron welcomes back James Beard winner **LISH STEILING** to whip up a tasty recipe from their cookbook, "A Confident Cook." Then, viral mom content creator **@MAMAJ.RAE** brings her "realistic" recipes to the Tam Fam. And TikTok sensation **@COOKUPKI** is here to "cook it up"!

Tuesday, Dec. 31: (OAD 10/2/24) Big Voices in the Room: Award-winning singer and Broadway star **STEPHANIE MILLS** returns to the show to chat about her role in the Tony Award®-winning musical "Hadestown." Later, Emmy®-nominated national correspondent **SIMONE BOYCE** and TV host **DANIELLE ROBAY** chat about their new, uplifting podcast, "The Bright Side."

Wednesday, Jan. 1: (OAD 10/23/24) You Won't Believe Where I Live: People living in some of the most unusual homes you've ever seen! Broadway star **ROBERT HARTWELL** shares a renovation update on his 1820s house and living his ancestors' "wildest dreams." A couple who converted a schoolhouse into a huge family home, a man who is afraid to fly but now lives inside two abandoned passenger planes and a New Jersey woman who had to prove she could live on a remote private island before being allowed to buy it! Plus, the ultimate Barbie home and interior designer and HGTV's Designer of the Year finalist, **ISABEL LADD**, shows us the new trends of "Dopamine Décor."

Thursday, Jan. 2: Thrive in 2025! It's Tamron's guide to help the Tam Fam thrive in all aspects of our lives! Motivational speaker **LISA NICHOLS** is back with tips on visualizing your goals and how to set your intentions for the new year. She helps aspiring actress **SHAKYRA LASHAE** put it to the test. Plus, find out where you land on Lisa's "Boldness Barometer"! Next, certified dating and relationship coach **MEGAN WEKS**, creator of "The Manfunnel Method," helps Tam Fam member **ANGELA MARWAHA**, whose goal is to find the right partner in 2025. Then, former NFL linebacker-turned-personal-finance-coach and Ivy League professor **BRANDON COPELAND** helps **SAMANTHA HART** with her goal of buying a house. Finally, Tam Fam's favorite bodybuilder and grandmother, 63-year-old **CYNTHIA STEWART**, coaches **CHANTLA ISRAIL** on reaching her goal of toning her body in 2025.

Friday, Jan. 3: Tamron's Thrive Challenge! Author and self-proclaimed life doula **BRANDI SELLERZ-JACKSON** takes us through the four great labors we go through in life, and we meet **JEANINE ROGERS**, who is thriving because of Brandi. Nutrition and fitness expert **MARK MACDONALD** helps us thrive while breaking free from what he calls "dieting madness" and shares tips for controlling your blood sugar, which he says is crucial for our health. **AMANDA HINES** shares how indoor cycling helped her lose over 80 pounds and achieve her dream of becoming a certified instructor.

"Tamron Hall" is distributed in national syndication by Disney Entertainment. Broadcast from New York City, the show is executive produced by Hall and Quiana Burns. The show broadcasts from New York City and features a dynamic mix of live and taped shows.

For times and channels, go to www.TamronHallShow.com and follow the show on social media @TamronHallShow.

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